



**AFLOS Gemengd 1** GG **GOLD**

Wed 30 4x100m wisselslag 05:32.63 2e  
Milan V/Faye D/Anais O/Niels V

50m	00:41.42	41.42	100m	01:24.57	43.15
150m	02:06.81	42.24	200m	02:54.83	48.02
250m	03:34.16	39.33	300m	04:20.36	46.2
350m	04:54.76	34.4	400m	05:32.63	37.87

**AFLOS Heren 1** GG **GOLD**

Wed 40 4x50m wisselslag 02:11.39 1e  
Thijs V/Xander C/Miguel D/Niels V

50m	00:33.02	33.02	100m	01:07.97	34.95
150m	01:38.77	30.8	200m	02:11.39	32.62

**AFLOS Heren 2** GG **GOLD**

Wed 19 4x50m vrije slag 01:44.41 2e  
Dario B/Niels D/Tore D/Tim C

50m	00:26.33	26.33	100m	00:52.35	26.02
150m	01:19.46	27.11	200m	01:44.41	24.95

**AFLOS Heren 3** GG **GOLD**

Wed 40 4x50m wisselslag 01:55.28 1e  
Jannes H/Tore D/Niels D/Dries O

50m	00:30.64	30.64	100m	01:02.17	31.53
150m	01:30.21	28.04	200m	01:55.28	25.07

**BUYSENS Dario** GG **GOLD /10352/01**

Wed 11 200m vrije slag 02:06.83 2.15 6e 8 Rp

50m	00:28.58	28.58	100m	01:00.38	31.8
150m	01:33.35	32.97	200m	02:06.83	33.48

Wed 13 1500m vrije slag 18:00.94 0.61 4e 7 Rp

50m	00:31.01	31.01	100m	01:06.50	35.49
150m	01:42.02	35.52	200m	02:18.19	36.17
250m	02:53.73	35.54	300m	03:29.76	36.03
350m	04:05.47	35.71	400m	04:41.62	36.15
450m	05:17.32	35.7	500m	05:53.56	36.24
550m	06:29.02	35.46	600m	07:05.15	36.13
650m	07:40.52	35.37	700m	08:16.58	36.06
750m	08:52.25	35.67	800m	09:28.41	36.16
850m	10:04.03	35.62	900m	10:40.64	36.61
950m	11:16.34	35.7	1000m	11:52.77	36.43
1050m	12:29.00	36.23	1100m	13:05.67	36.67
1150m	13:42.23	36.56	1200m	14:19.63	37.4
1250m	14:56.33	36.7	1300m	15:34.06	37.73
1350m	16:11.12	37.06	1400m	16:48.60	37.48
1450m	17:25.11	36.51	1500m	18:00.94	35.83

**CASTEUR Margaux** GG **GOLD /21012/03**

Wed 24 50m vrije slag 00:31.01 -0.4 17e 4 Rp

Wed 31 200m vrije slag 02:31.40 -3.5 17e 1 Rp

50m	00:33.91	33.91	100m	01:12.82	38.91
150m	01:53.15	40.33	200m	02:31.40	38.25

**CASTEUR Xander** GG **GOLD /11018/04**

Wed 23 50m vlinderslag 00:31.08 -0.6 4e 5 Rp

Wed 28 100m vrije slag 01:01.50 -0.7 7e 8 Rp

50m	00:29.56	29.56	100m	01:01.50	31.94
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Wed 34 50m rugslag 00:33.59 7e 4 Rp

**DE MOOR Pauline** GM **GOLD /21066/06**

Wed 22 400m wisselslag 07:36.49 2e

50m	00:54.22	54.22	100m	01:55.72	61.5
150m	02:52.16	56.44	200m	03:46.28	54.12
250m	04:52.89	66.61	300m	05:55.38	62.49
350m	06:46.93	51.55	400m	07:36.49	49.56

**DEHAUDT Fernando** GG **GOLD /11029/05**

Wed 13 1500m vrije slag 19:04.97 3e 10 Rp

50m	00:33.42	33.42	100m	01:10.80	37.38
150m	01:49.38	38.58	200m	02:27.40	38.02
250m	03:05.70	38.3	300m	03:43.91	38.21
350m	04:22.55	38.64	400m	05:00.80	38.25
450m	05:39.43	38.63	500m	06:17.58	38.15
550m	06:56.38	38.8	600m	07:34.95	38.57
650m	08:13.17	38.22	700m	08:51.03	37.86
750m	09:30.05	39.02	800m	10:08.62	38.57
850m	10:47.29	38.67	900m	11:25.88	38.59
950m	12:04.70	38.82	1000m	12:43.13	38.43
1050m	13:21.57	38.44	1100m	14:00.51	38.94
1150m	14:39.78	39.27	1200m	15:17.95	38.17
1250m	15:57.29	39.34	1300m	16:36.19	38.9
1350m	17:15.33	39.14	1400m	17:52.03	36.7
1450m	18:29.63	37.6	1500m	19:04.97	35.34

**DELBECQUE Tore** GG **GOLD /11015/00**

Wed 11 200m vrije slag 02:16.44 11e 1 Rp

50m	00:30.29	30.29	100m	01:05.09	34.8
150m	01:41.35	36.26	200m	02:16.44	35.09

Wed 15 50m schoolslag 00:31.71 0.6 1e 10 Rp

Wed 21 100m schoolslag 01:10.79 1.93 1e 8 Rp

50m	00:33.49	33.49	100m	01:10.79	37.3
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Wed 34 50m rugslag 00:33.49 4e



**DENEIR Niels**

GG **GOLD /10349/03**

Wed 02 400m wisselslag 05:15.29 6.98 2e 8 Rp

50m	00:32.77	32.77	100m	01:11.52	38.75
150m	01:54.45	42.93	200m	02:36.51	42.06
250m	03:21.27	44.76	300m	04:06.42	45.15
350m	04:42.26	35.84	400m	05:15.29	33.03

Wed 13 1500m vrije slag 17:49.22 27.3 2e 11 Rp

50m	00:31.56	31.56	100m	01:06.29	34.73
150m	01:42.25	35.96	200m	02:18.18	35.93
250m	02:54.30	36.12	300m	03:30.37	36.07
350m	04:06.39	36.02	400m	04:42.16	35.77
450m	05:18.03	35.87	500m	05:53.92	35.89
550m	06:30.15	36.23	600m	07:06.41	36.26
650m	07:42.54	36.13	700m	08:18.43	35.89
750m	08:54.52	36.09	800m	09:30.62	36.1
850m	10:06.82	36.2	900m	10:42.82	36
950m	11:18.71	35.89	1000m	11:54.44	35.73
1050m	12:30.37	35.93	1100m	13:06.12	35.75
1150m	13:42.06	35.94	1200m	14:17.77	35.71
1250m	14:53.77	36	1300m	15:29.86	36.09
1350m	16:06.09	36.23	1400m	16:42.11	36.02
1450m	17:17.15	35.04	1500m	17:49.22	32.07

**DENEIR Silken**

GG **GOLD /20051/99**

Wed 01 100m schoolslag 01:18.73 2.26 1e 7 Rp

50m	00:37.54	37.54	100m	01:18.73	41.19
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Wed 03 50m vlinderslag 00:32.14 0.04 2e 3 Rp

Wed 08 100m vrije slag 01:04.83 -0.1 1e 4 Rp

50m	00:31.41	31.41	100m	01:04.83	33.42
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Wed 12 200m wisselslag 02:42.51 3.95 2e 3 Rp

50m	00:33.05	33.05	100m	01:19.34	46.29
150m	02:04.09	44.75	200m	02:42.51	38.42

**DEPOORTER Ian**

**GOLD/11100/07**

Wed 04 50m vrije slag 00:37.34 25e

Wed 11 200m vrije slag 03:11.94 31e

50m	00:43.13	43.13	100m	01:33.88	50.75
150m	02:24.99	51.11	200m	03:11.94	46.95

Wed 15 50m schoolslag 00:49.14 13e

**DEPRAETERE Zoë**

GM **GOLD/21086/08**

Wed 05 200m wisselslag 03:25.58 8e 2 Rp

50m	00:48.55	48.55	100m	01:40.54	51.99
150m	02:41.40	60.86	200m	03:25.58	44.18

Wed 25 400m vrije slag 06:12.52 8e 5 Rp

50m	00:39.22	39.22	100m	01:24.27	45.05
150m	02:12.33	48.06	200m	03:01.68	49.35
250m	03:51.59	49.91	300m	04:39.32	47.73
350m	05:26.56	47.24	400m	06:12.52	45.96

**DESCAMPS Stan**

GM **GOLD /11050/06**

Wed 13 1500m vrije slag 23:10.43 -51 3e

50m	00:40.37	40.37	100m	01:25.88	45.51
150m	02:11.68	45.8	200m	02:57.11	45.43
250m	03:44.95	47.84	300m	04:31.66	46.71
350m	05:19.53	47.87	400m	06:06.67	47.14
450m	06:54.47	47.8	500m	07:40.04	45.57
550m	08:27.35	47.31	600m	09:14.42	47.07
650m	10:02.28	47.86	700m	10:48.33	46.05
750m	11:35.30	46.97	800m	12:21.93	46.63
850m	13:10.05	48.12	900m	13:56.66	46.61
950m	14:44.13	47.47	1000m	15:31.81	47.68
1050m	16:18.97	47.16	1100m	17:07.17	48.2
1150m	17:55.65	48.48	1200m	18:44.34	48.69
1250m	19:31.84	47.5	1300m	20:18.58	46.74
1350m	21:02.56	43.98	1400m	21:47.16	44.6
1450m	22:29.42	42.26	1500m	23:10.43	41.01

Wed 17 100m rugslag 01:35.96 3.26 13e

50m	00:46.86	46.86	100m	01:35.96	49.1
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Wed 28 100m vrije slag 01:16.00 0.25 15e

50m	00:35.95	35.95	100m	01:16.00	40.05
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Wed 36 400m vrije slag 05:52.30 17.3 9e

50m	00:38.32	38.32	100m	01:23.28	44.96
150m	02:09.19	45.91	200m	02:56.30	47.11
250m	03:41.73	45.43	300m	04:27.48	45.75
350m	05:12.20	44.72	400m	05:52.30	40.1

**DESIMPELAERE Miguel**

GG **GOLD /11021/04**

Wed 21 100m schoolslag 01:16.99 0.05 1e 8 Rp

50m	00:35.97	35.97	100m	01:16.99	41.02
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Wed 26 200m rugslag 02:29.59 -2.3 1e 8 Rp

50m	00:34.78	34.78	100m	01:12.08	37.3
150m	01:51.71	39.63	200m	02:29.59	37.88

Wed 34 50m rugslag 00:32.34 4e 7 Rp

**DUJARDIN Faye**

GG **GOLD /21035/06**

Wed 01 100m schoolslag 01:26.80 -1.5 2e 8 Rp

50m	00:40.37	40.37	100m	01:26.80	46.43
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Wed 08 100m vrije slag 01:11.21 -0.09 3e 6 Rp

50m	00:34.45	34.45	100m	01:11.21	36.76
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Wed 24 50m vrije slag 00:31.29 -3.2 2e 9 Rp

Wed 27 200m schoolslag 03:12.01 2.49 3e 6 Rp

50m	00:43.75	43.75	100m	01:33.61	49.86
150m	02:24.46	50.85	200m	03:12.01	47.55



**DUJARDIN Goan** GG **GOLD /11020/04**

Wed 04	50m vrije slag				
Wed 07	200m schoolslag	02:53.59	-5.4	5e	5 Rp
	50m	00:39.26	39.26	100m	01:23.86 44.6
	150m	02:09.97	46.11	200m	02:53.59 43.62
Wed 21	100m schoolslag	01:19.72	-3.3	3e	5 Rp
	50m	00:37.64	37.64	100m	01:19.72 42.08
Wed 28	100m vrije slag	00:59.25	-0.3	3e	10 Rp
	50m	00:28.17	28.17	100m	00:59.25 31.08

**MUYLLE Michelle** GM **GOLD /21067/07**

Wed 03	50m vlinderslag	00:46.83	-0.6	12e	
Wed 08	100m vrije slag	01:30.00	4.11	22e	
	50m	00:42.43	42.43	100m	01:30.00 47.57
Wed 12	200m wisselslag	03:33.89	6.73	20e	
	50m	00:51.13	51.13	100m	01:46.72 55.59
	150m	02:44.70	57.98	200m	03:33.89 49.19

**NAERT Zoé** GM **GOLD /21081/08**

Wed 25	400m vrije slag	06:12.36		7e	5 Rp
	50m	00:39.85	39.85	100m	01:27.74 47.89
	150m	02:16.81	49.07	200m	03:04.98 48.17
	250m	03:52.56	47.58	300m	04:40.86 48.3
	350m	05:28.30	47.44	400m	06:12.36 44.06

**OOSTERLYNCK Anaïs** GG **GOLD /21090/06**

Wed 01	100m schoolslag	01:33.99	-4.1	9e	2 Rp
	50m	00:44.25	44.25	100m	01:33.99 49.74
Wed 06	200m rugslag	02:48.85	-2.6	2e	8 Rp
	50m	00:40.49	40.49	100m	01:23.06 42.57
	150m	02:06.98	43.92	200m	02:48.85 41.87
Wed 08	100m vrije slag	01:10.60	1.1	2e	7 Rp
	50m	00:35.19	35.19	100m	01:10.60 35.41
Wed 31	200m vrije slag	02:31.69	-5.0	2e	8 Rp
	50m	00:36.07	36.07	100m	01:14.69 38.62
	150m	01:54.62	39.93	200m	02:31.69 37.07
Wed 37	100m rugslag	01:21.41	2.43	3e	4 Rp
	50m	00:39.01	39.01	100m	01:21.41 42.4

**OVAERE Luna** GG **GOLD /21040/06**

Wed 12	200m wisselslag	02:56.49	-1.1	4e	4 Rp
	50m	00:38.86	38.86	100m	01:24.58 45.72
	150m	02:17.44	52.86	200m	02:56.49 39.05
Wed 16	400m vrije slag	05:22.19	-7.7	1e	7 Rp
	50m	00:36.61	36.61	100m	01:16.51 39.9
	150m	01:58.16	41.65	200m	02:40.00 41.84
	250m	03:21.32	41.32	300m	04:03.46 42.14
	350m	04:44.24	40.78	400m	05:22.19 37.95
Wed 29	200m vlinderslag	03:13.84	3.02	1e	
	50m	00:39.98	39.98	100m	01:28.86 48.88
	150m	02:22.86	54	200m	03:13.84 50.98

**SIX Luna** GM **GOLD /21071/07**

Wed 01	100m schoolslag	01:45.56	-2.0	22e	
	50m	00:50.49	50.49	100m	01:45.56 55.07
Wed 08	100m vrije slag	01:23.46		17e	
	50m	00:39.43	39.43	100m	01:23.46 44.03

**TRUYE Alexine** GG **GOLD /21011/04**

Wed 12	200m wisselslag	02:35.29	0.72	4e	10 Rp
	50m	00:34.21	34.21	100m	01:14.32 40.11
	150m	01:59.91	45.59	200m	02:35.29 35.38
Wed 27	200m schoolslag	03:01.45	9.6	6e	6 Rp
	50m	00:41.74	41.74	100m	01:27.64 45.9
	150m	02:15.71	48.07	200m	03:01.45 45.74

**VANDAMME Thijs** GG **GOLD /11055/05**

Wed 11	200m vrije slag	02:19.17	1.95	6e	8 Rp
	50m	00:30.94	30.94	100m	01:07.21 36.27
	150m	01:44.60	37.39	200m	02:19.17 34.57
Wed 17	100m rugslag	01:11.16	0.1	2e	8 Rp
	50m	00:34.19	34.19	100m	01:11.16 36.97
Wed 34	50m rugslag	00:33.03	-0.9	6e	8 Rp

**VANDE CASTEELE Bjarne** GG **GOLD /10380/04**

Wed 23	50m vlinderslag	00:28.49		1e	12 Rp
Wed 28	100m vrije slag	00:57.60	-0.08	1e	13 Rp
	50m	00:28.09	28.09	100m	00:57.60 29.51
Wed 38	100m vlinderslag	01:06.67	-0.5	2e	8 Rp
	50m	00:30.93	30.93	100m	01:06.67 35.74

**VANDE CASTEELE Niels** GG **GOLD /11058/07**

Wed 28	100m vrije slag	01:12.38	0.66	8e	7 Rp
	50m	00:34.67	34.67	100m	01:12.38 37.71
Wed 32	200m wisselslag	03:07.93	0.95	14e	3 Rp
	50m	00:40.26	40.26	100m	01:31.75 51.49
	150m	02:27.25	55.5	200m	03:07.93 40.68



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**VANSTEENKISTE Lona** GM **GOLD /21082/08**

Wed 25 400m vrije slag 06:10.46 6e 5 Rp

100m	00:19.49	19.49	150m	02:14.96	230.94
200m	03:03.34	96.76	250m	03:51.26	95.84
300m	04:39.95	97.38	350m	05:26.45	93
400m	06:10.46	88.02			

**VERSCUERE Milan** **GOLD/11098/07**

Wed 13 1500m vrije slag 21:43.37 2e 9 Rp

50m	00:38.61	38.61	100m	01:20.66	42.05
150m	02:04.80	44.14	200m	02:48.99	44.19
250m	03:33.83	44.84	300m	04:17.66	43.83
350m	05:01.35	43.69	400m	05:45.22	43.87
450m	06:30.39	45.17	500m	07:14.43	44.04
550m	08:00.38	45.95	600m	08:43.57	43.19
650m	09:27.68	44.11	700m	10:11.00	43.32
750m	10:56.50	45.5	800m	11:40.79	44.29
850m	12:25.66	44.87	900m	13:09.78	44.12
950m	13:54.70	44.92	1000m	14:38.69	43.99
1050m	15:22.82	44.13	1100m	16:06.48	43.66
1150m	16:49.52	43.04	1200m	17:32.80	43.28
1250m	18:15.82	43.02	1300m	18:58.90	43.08
1350m	19:42.46	43.56	1400m	20:25.02	42.56
1450m	21:05.77	40.75	1500m	21:43.37	37.6

Wed 21 100m schoolslag 01:36.58 8e 5 Rp

50m	00:46.24	46.24	100m	01:36.58	50.34
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Wed 28 100m vrije slag 01:10.55 -10 5e 9 Rp

50m	00:34.13	34.13	100m	01:10.55	36.42
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